

We Claim:

1. A vertically adjustable lock for stilts and the like, said lock comprising:
 - an upper channel-shaped strut, the side walls of which are formed with a plurality of vertically spaced, horizontally aligned adjustment holes, such side walls defining a front-facing opening;
 - a lower channel-shaped strut vertically slidably disposed within the upper strut, the side walls of the lower strut being formed with a pair of horizontally aligned peg holes, and such side walls terminating on either side of the front-facing opening; and
 - a quick action lock interposed between the upper and lower struts, such lock having a pair of like, vertically extending, horizontally aligned squeeze spring fingers secured to the inside of the inner strut, each squeeze spring finger having a sidewardly extending stop peg secured to its upper end and biased sidewardly by the spring fingers into the peg holes for selective engagement with a desired pair of adjustment holes to thereby adjust the combined length of the upper and lower struts, the spring fingers being positioned within the confines of the struts, and the intermediate position of each of the spring fingers being formed with a fingerhold engageable by the thumb and forefinger of a user to effect manual squeezing of the spring fingers towards one another effecting simultaneous temporary retraction of the stop pegs from the adjustment holes.
2. A lock as set forth in Claim 1 which further includes a stop plate secured to the lower strut between the upper ends of the spring fingers to limit inward movement of the stop pegs out of the confines of the peg holes.